



Muchacho con Melao de Panela (Beef with Cane Sugar Syrup)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 1 tablespoons thyme leaves fresh
- ☐ 6 garlic cloves minced
- ☐ 4 green onions diced
- ☐ 1 tablespoon ground cumin
- ☐ 3 tablespoons oil
- ☐ 1 cup onion finely chopped

- ☐ 1 tablespoon oregano fresh
- ☐ 0.3 cup melao de panela
- ☐ 3 pounds top round beef roast boneless
- ☐ 8 servings salt and pepper
- ☐ 3 cups water
- ☐ 3 tablespoons vinegar white
- ☐ 3 tablespoons mustard yellow

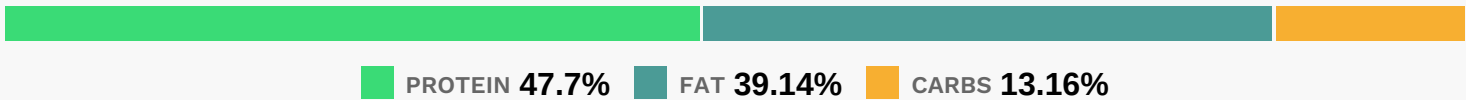
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

Directions

- ☐ Place the beef in a non-reactive dish.
- ☐ Place the white vinegar, ground cumin, mustard, onion, scallions, salt and pepper in the blender or food processor. Rub the onion mixture all over the beef.
- ☐ Let it rest for 2 to 3 days in the fridge.
- ☐ Heat the oil in a large pot and place the beef and brown, searing it on both sides.
- ☐ Add the water, bay leaves, thyme and oregano. Bring to a boil, then reduce the heat and simmer about 3 hours or until the meat is very tender. Take the beef from the pot.
- ☐ Add the melao to the pot and mix with the cooking water that is left in the pot from the beef.
- ☐ Mix well and cook for about 2 minutes over low heat.
- ☐ Place the sauce in a blender and blend until smooth and pour on top of the beef.
- ☐ Serve over white rice.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:0.79, Inflammation Score:-9, Nutrition Score:22.073478398116%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 334.2kcal (16.71%), Fat: 14.13g (21.74%), Saturated Fat: 3.33g (20.81%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 9.43g (3.43%), Sugar: 7.47g (8.3%), Cholesterol: 105.46mg (35.15%), Sodium: 359.12mg (15.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.75g (77.5%), Selenium: 49.58µg (70.83%), Vitamin B6: 1.18mg (59.18%), Vitamin B3: 11.68mg (58.38%), Vitamin B12: 3.15µg (52.45%), Zinc: 7.28mg (48.5%), Phosphorus: 389.12mg (38.91%), Iron: 4.72mg (26.22%), Vitamin K: 22.33µg (21.27%), Potassium: 670.22mg (19.15%), Vitamin B2: 0.3mg (17.56%), Magnesium: 54.12mg (13.53%), Vitamin B1: 0.19mg (12.8%), Copper: 0.22mg (11.03%), Vitamin E: 1.63mg (10.84%), Manganese: 0.2mg (9.92%), Vitamin B5: 0.81mg (8.1%), Folate: 32.23µg (8.06%), Calcium: 74.92mg (7.49%), Vitamin C: 4.82mg (5.85%), Fiber: 1.26g (5.05%), Vitamin A: 128.46IU (2.57%)